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PET PYTHONS FOUND DUMPED ON BURNABY MOUNTAIN

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'An attack on democracy'

PRIVACY

Probe to see if CSIS spying on environmental activists

Neal Hall
Metro | Vancouver

Hearings will begin Wednesday in Vancouver to investigate complaints about spying on local environmental and community groups.

The hearings by the Security Intelligence Review Committee, responsible for oversight of the spy agency Canadian Security Intelligence Service (CSIS), will take place behind closed doors.

The hearings are being held after complaints filed against CSIS and the RCMP by the B.C. Civil Liberties Association (BCCLA), which says the spy agency should not be gathering intelligence on democratic environmental groups and volunteer activists.

"Spying on peaceful citizens is an attack on democracy," Josh Paterson, executive director of the BCCLA, said Tuesday. "People have the right to participate in important public debates and shouldn't have to worry about being spied on by our own security and police agencies."

Paterson will be the first witness to testify Wednesday at the hearings, which are being held in Federal Court in Vancouver.

"It's the first time I'm aware of that CSIS is being taken to task," he told Metro.

Paterson said he will testify about BCCLA's position that spying on legitimate groups is unconstitutional.

The groups spied on include the Sierra Club of B.C., the Dogwood Initiative, ForestEthics Advocacy, Leadnow.ca and Open Media, he said.

Witnesses from some of those organizations will testify at the three-day hearing, which is not open to the public or the media, Paterson said.

He said freedom-of-information requests have shown that CSIS shared some of its intelligence on environmental groups with "a whole flock" of oil companies. The event was held at CSIS headquarters with a lunch sponsored by Enbridge, he said.

"We don't want cosy information-sharing with oil companies. That's alarming," Paterson said.

"Were they (CSIS) putting moles in these different community organizations? I don't know … and I won't be in the room when they disclose that information."

"We know people decided not to sign petitions or get involved (with some groups) because they didn't want to end up on some kind of list," Paterson added.

He said the hearings will have an unusual media ban, prohibiting photographs of people entering the Federal Court building, presumably to protect the identities of CSIS spies attending the hearing.

Paterson said BCCLA's complaint to the Civilian Review and Complaints Commission for the RCMP still has not been resolved.

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metro NEWS

Your essential daily news

Kids with cancer may have a chance at future parenthood. **World**

Man wins $15,000 award for loss of use of Ferrari

COURT

Car needed repairs after mechanic hit parked truck

Neal Hall
For Metro | Vancouver

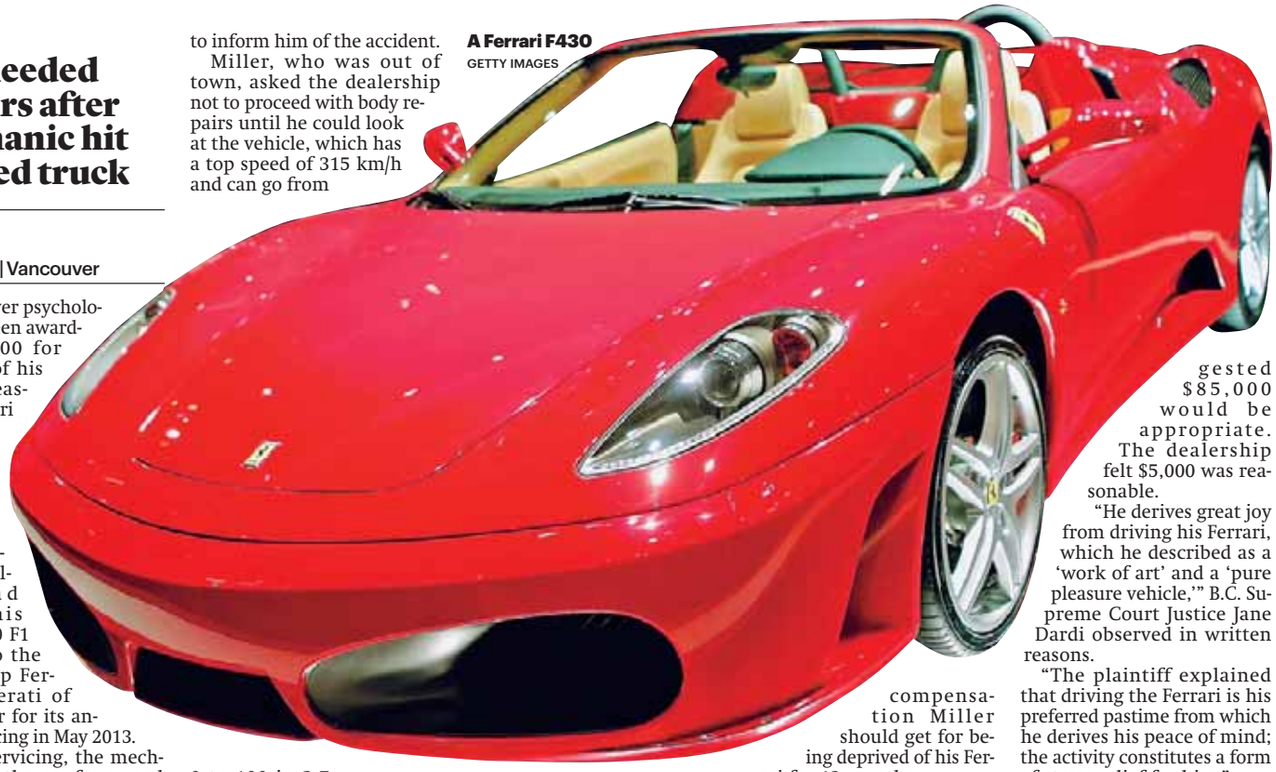
A Vancouver psychologist has been awarded $15,000 for the loss of his "pure pleasure" Ferrari for seven months while it was being repaired.

Lawrence Miller had taken his 2005 F430 F1 Ferrari to the dealership Ferrari Maserati of Vancouver for its annual servicing in May 2013.

After servicing, the mechanic took the car for a road test when it "made contact with a delivery truck parked in a laneway," damaging the Ferrari.

The dealership took the car to a local body shop for a repair estimate and called Miller to inform him of the accident.

Miller, who was out of town, asked the dealership not to proceed with body repairs until he could look at the vehicle, which has a top speed of 315 km/h and can go from 0 to 100 in 3.7 seconds.



A Ferrari F430
GETTY IMAGES

Miller was shocked when he saw the extent of the damage — what he initially understood to be a scratch was actually damage down the length of the passenger side, including the rims and mirror.

The cost of the repairs would eventually come to $35,644, which the dealership agreed to pay.

The dispute was how much compensation Miller should get for being deprived of his Ferrari for 12 months.

Miller calculated the one-year loss at $112,572, based on a rental rate of $9,381 a month, though he admitted he was responsible for some of the delay in choosing a body shop to fix the car, so he suggested $85,000 would be appropriate.

The dealership felt $5,000 was reasonable.

"He derives great joy from driving his Ferrari, which he described as a 'work of art' and a 'pure pleasure vehicle,'" B.C. Supreme Court Justice Jane Dardi observed in written reasons.

"The plaintiff explained that driving the Ferrari is his preferred pastime from which he derives his peace of mind; the activity constitutes a form of stress relief for him."

The judge, noting Miller had the use of his other car, an Acura, and two motorcycles while his Ferrari was being repaired, so felt $15,000 for the loss of use of the vehicle was fair.

RESTRICTIONS

No need yet to stop outdoor watering

Alice D'Eon
For Metro | Vancouver

Brown lawns aside, Metro Vancouverites have the green light to continue watering their flowers and vegetable gardens for now, according to a Metro Vancouver spokesman.

The Sunshine Coast Regional District announced Stage 4 water restrictions on Monday, which ban all outdoor tap-water use. Residents and businesses will now be required to rely on grey water, left over from the bathtub or sink, to water trees and gardens.

While lawn sprinkling is prohibited under the current Stage 3 water ban in Metro Vancouver, residents and businesses are still permitted to water flowers and vegetable gardens, but "only if done by hand, using a spring-loaded shutoff nozzle," as stated in the Greater Vancouver Water District Water Shortage Response Plan.

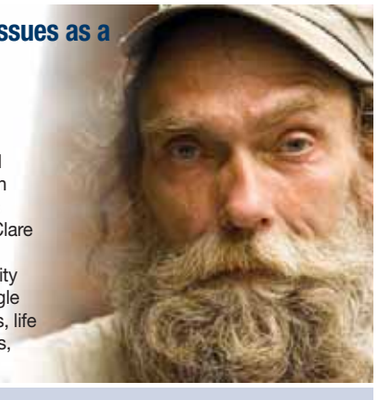
Metro Vancouver said that if Vancouverites continue to keep daily water consumption below 1.2 billion litres, they do not anticipate Stage 4 restrictions being necessary.

According to the daily system consumption chart on Metro Vancouver's website, average water consumption since July 20, when Stage 3 bans were put into effect, is down to 1.13 litres per day.

Support others with mental health, addiction and housing issues as a

Community Mental Health and Addictions Worker

Community Mental Health and Addictions Workers assist individuals with mental health, housing and addiction challenges by encouraging and supporting them in their daily lives. "Probably one of the biggest challenges with this type of work is learning to leave your own judgments, hopes and expectations at home," says Clare Hacksel. "Once we realize it isn't about fixing people but giving them the dignity and respect that they deserve, the job becomes incredibly rewarding." Community Mental Health and Addictions Workers work in shelters, transitional housing, single residential occupancy hotels, supportive permanent housing, outreach programs, life skills services, recreation and wellness programs, food programs, health services, and recovery and treatment facilities.



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Python, now dead, among pet reptiles left in parks

BURNABY MOUNTAIN

Authorities urge owners to do research before buying

Thandi Fletcher
Metro | Vancouver

A Metro Vancouver reptile rescuer is rattled by the thought that someone may have recently dumped several pet pythons on Burnaby Mountain.

Val Lofvendahl, founder of Reptile Rescue Adoptions and Education Society in Richmond, found two baby ball pythons, also known as royal pythons, on a Burnaby Mountain trail recently. One of the snakes was already dead and another was clinging to life but later died as Lofvendahl tried to resuscitate the reptile.

"It makes me sick, really," she told Metro.

"You feel so sad and then you just feel sort of hate for the human race that people will do this. Some people just don't care."

Dave Ellenwood, the city of Burnaby's parks director said staff noticed another ball python on a trail around noon Monday.

Ellenwood said the snake, which is not venomous, is not considered dangerous. But staff are searching for the reptile to take it to a rescue shelter, and asking anyone who sees it to call the parks department or Burnaby SPCA.

Several ball pythons, which were likely dumped pets, have been found on Burnaby Mountain recently. JOE RAEDLE/GETTY IMAGES

> **What will likely happen is it will either die of exposure or get preyed on by a coyote, so it's not a good idea.**
> Dave Ellenwood

It's unclear how the pythons ended up on Burnaby Mountain, but Ellenwood said he suspects they were likely unwanted pets dumped by their owner.

He said people release a variety of pets in city parks, including snakes, turtles and koi fish.

"It's really irresponsible," he said. "The habitat is not suited for these types of animals. What will likely happen is it will either die of exposure or get preyed on by a coyote, so it's not a good idea."

Lofvendahl said she suspects a breeder dumped the pythons.

"My guess is that somebody has been breeding them themselves and then just dumped the adults and the babies," she said.

She said dumped pet reptiles are a growing problem in Metro Vancouver where owners "lose interest" or move and "can't be bothered to take their pets with them."

She encouraged anyone who is unable to keep their pet snake to contact a rescue agency or to place ads to try to find the animal a new home.

"If you really want something as a pet, do your research and make sure you're able to give it a home for its whole life," she said.

VANDUSEN

Beer and botany at garden party

Alice D'Eon
Metro | Vancouver

VanDusen Botanical Garden will tap into a new opportunity to educate visitors on Wednesday at their first-ever Botany of Beer event.

VanDusen, which has a long history of running educational programs on botany and horticulture, has partnered with Vancouver's Bomber Brewery to host the two-part class, which will explore the properties of plants used in the production of beer, followed by a microbrewery tour and beer tasting.

"I'm always looking for interesting, different ways for people to connect with how we use plants in our lives," said Gillian Drake, the education director at VanDusen.

Drake, a self-proclaimed beer and plant enthusiast, said she chose Bomber Brewery as a partner for the event in part because of their extensive knowledge about ancient beer culture.

Rachaal Steele, the operations manager at Bomber Brewery, said there is a lot of misinformation out there about beer, so her interactive talk will provide lots of room for discussion.

Bomber brewed three new beers especially for the event, using "ancient" ingredients harvested from VanDusen. With unique ingredients like shore pine resin and hibiscus flowers, it won't be your regular garden-variety beer. It'll be a botanical-garden variety.

Registration is full for this round of would-be beer experts, but plans are brewing for more classes in the fall.

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UNIVERSITY OF BRITISH COLUMBIA

'Leadership crisis' puzzles faculty head

Neal Hall
For Metro | Vancouver

The head of the University of B.C. faculty association is seeking answers to the "leadership crisis" that led to the abrupt resignation of UBC president Arvind Gupta last Friday.

"This was a sudden and immediate resignation, and I am skeptical that the reason for it is simply that Professor Gupta wishes to return to the life of a professor of computer science," faculty association president Mark MacLean said in a letter sent this week to teaching colleagues, which was obtained by Metro.

"I believe Professor Gupta's resignation represents a serious loss to UBC. It certainly represents a failure point in the governance of the university.

"The board of governors must explain what transpired to end Professor Gupta's presidency after only one year. What caused this leadership crisis?"

MacLean also questioned whether the university will fill three key senior posts before another president is found.

"We have in progress searches for a provost and VP academic, a vice-president research and a vice-president external and communications," MacLean's letter said. "Those who fill these positions must ultimately hold the confidence of the president they will serve. What will happen with these searches now?"

So far, UBC has not publicly responded to the questions raised by MacLean.

Also, MacLean is not doing media interviews, the faculty association said.

UBC announced last Friday that Gupta was resigning after a little more than a year into his term and would return to teaching in UBC's computer-science department after an academic leave.

UBC has more than 59,000 students and more than 15,000 faculty and staff at its campuses in Vancouver and Kelowna, with an operating budget of $2.1 billion.

NEW LEADER

Former UBC president Martha Piper, who led the university from 1997 to 2006, will serve as interim president from Sept. 1, 2015 to June 30, 2016 while the university conducts a global search for a new leader, UBC said.

IN BRIEF

Pedestrian hit, killed by vehicle on Boundary Road

A 47-year-old man was struck and killed by a car early Tuesday.

The man was walking across Boundary Road near Vanness Avenue around 1 a.m. when he was hit by a northbound vehicle. He was pronounced dead upon arrival at the hospital.

The Vancouver Police Department said in a statement that the cause of the collision has yet to be determined, but the driver of the vehicle, who remained on the scene, is co-operating with the investigation.

This is Vancouver's eighth fatal traffic accident in 2015 and the sixth involving a pedestrian.

ALICE D'EON/FOR METRO

Wyatt Scott, who is running in the newly created federal riding of Mission-Matsqui-Fraser Canyon, is getting attention for his zany campaign ad. YOUTUBE

Dragon-slaying goose rider wants to be MP

ELECTION

Independent candidate goes for it with wild campaign ad

Thandi Fletcher
Metro | Vancouver

The federal election campaign may only be a week in, but already an Independent B.C. candidate has become a contender for best — and most bizarre — campaign ad.

Wyatt Scott, who is running in the newly created federal riding of Mission-Matsqui-Fraser Canyon, is fast becoming a social-media sensation for his epic, offbeat YouTube campaign video.

In the video, Scott begins by introducing himself while riding a flying Canada goose.

"I'm an Independent candidate and I'm here to fight for Canada!" he proclaims as he draws a sword, leaps into the air and plunges the blade into a dragon's head.

He then proceeds to fist-bump a green alien before spontaneously growing a beard with a single shake of his head and shooting laser beams out of his eyes at a giant Conservative robot.

Along the way, Scott also vaguely outlines his campaign platform.

2,000

Since the video was posted about a month ago, it has garnered more than 2,000 views and a handful of comments from viewers declaring their support for Scott.

"University is too damn expensive. Services like health care and social programs should be expanded and not cut," he says. "The indigenous people aren't even protected by their own government."

In an interview with Metro, Scott said the video might be tongue-in-cheek but the message behind it is serious.

"I think my community deserves a good member of Parliament," he said. "And what we have right now, the candidates that have been put forward, are nowhere near the level where I think we need to be at."

Scott, who said he is a small-business owner and has previously worked for the NDP, said he created the video with the help of a group of student filmmakers.

He said he's pleased by how well the video has been received.

"That's what we were going for," he said. "It's really hard in this day and age to get people's attention for longer than 30 seconds, and we have a serious, genuine message that we wanted to get out."

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Trudeau vows to clean up 'mess'

ELECTION 2015

With Duffy trial on tap, federal leaders take aim against Harper

With the curtain about to rise on the climactic second act of the Mike Duffy trial, Justin Trudeau promised Tuesday to clean up the scandal-tainted Senate, while Stephen Harper set his sights on neighbourhood drug labs.

The Liberal leader vowed to clean up the prime minister's "mess," accusing Harper of leading the "most secretive, divisive and hyper-partisan government in Canada's history."

That mess, of course, is the Senate, and in particular Duffy's trial, which was scheduled to enter its most explosive phase Wednesday with none other than Nigel Wright, Harper's former chief of staff, as the first witness.

Wright is the man who provided Duffy with $90,000 of his own money to repay his disallowed housing and travel expenses. The former Conservative senator has pleaded not guilty to 31 charges including fraud, bribery and breach of trust.

Liberal Leader Justin Trudeau speaks to supporters during a 2015 federal election campaign stop in the riding of Papineau in Montreal on Tuesday. Prime Minister Stephen Harper's tough-on-drugs policy announcement on Tuesday was likely used to score points against Trudeau, who has already pledged his support for legalizing marijuana. GRAHAM HUGHES/THE CANADIAN PRESS

Trudeau, determined to keep the Conservative scandal top of mind for Canadians, spoke Tuesday of transparency, saying it would be a fundamental principle in a Liberal government.

He also promised to bring in a merit-based appointment process to the Senate.

Harper, meanwhile, tried to avoid being drawn back into the Duffy fray with yet another policy announcement — his fifth with the 11-week campaign still in its infancy.

ITINERARY

Where the leaders are:

- Prime Minister Stephen Harper's itinerary was unavailable.
- Liberal Leader Justin Trudeau's itinerary was also unavailable.
- NDP Leader Tom Mulcair is scheduled to be in Quebec.
- Green Party Leader Elizabeth May will be in Squamish and North Vancouver, B.C.

Harper promised a 20 per cent increase in funding — to almost $27 million a year — to help the RCMP target marijuana grow-ops and meth labs and another $500,000 a year over four years on a national toll-free hotline for parents to get information about drug use among the country's youth.

NDP Leader Tom Mulcair, however, was more interested in Harper's travel itinerary, in particular the fact he was getting as geographically far away from Ottawa as possible.

"I do find it interesting that Mr. Harper has decided to try to hide out in the North Pole during the Mike Duffy trial this week," Mulcair said.

"On a whole series of subjects, Mr. Harper has said one thing and its opposite in the Mike Duffy affair. You can't say one thing and then its opposite and have them both be true. A lot of that is going to be catching up with Mr. Harper this week. He can run but he can't hide."

Mulcair later confirmed he would participate in a bilingual Munk Debate on foreign affairs, after having said he would only be there if Harper was and if there would be an equal number of debates in both official languages.

Confusion, however, continued to reign Tuesday. The Conservatives have agreed to participate, and while the Liberals have said they would be there on Sept. 28, they have yet to confirm their attendance.

Green party Leader Elizabeth May was not invited.

THE CANADIAN PRESS

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Giving kids a shot at fertility

HEALTH

More than 30 babies have been born via tissue-freezing

Barely two years old, Talia Pisano is getting tough treatment for kidney cancer that spread to her brain. She's also getting a chance to have babies of her own some day.

To battle infertility sometimes caused by cancer treatment, some children's hospitals are trying a futuristic approach: removing and freezing immature ovary and testes tissue, with hopes of being able to put it back when patients reach adulthood.

> **It definitely brought some peace.**
> Maria Pisano

It has worked in adults, with more than 30 babies having been born to women who had ovarian tissue removed in adulthood, frozen, and put back after treatment for cancer or other conditions.

But the procedures are still experimental in pre-pubescent children. There are challenges to making immature eggs and sperm from removed tissue suitable for conception.

Still, fertility researchers hope to refine the science while the first set of children whose tissue has been frozen grows up.

Families like Talia's are clinging to that optimism. The dark-eyed toddler who loves princesses and play-dough had an ovary removed and frozen in April. She was treated for kidney cancer last year but when it spread, doctors started harsher treatment including brain radiation.

"It seemed very new and pretty amazing that we can do something like this and help her in a bigger way," said her mom, Maria Pisano, of Griffith, Ind.

Doctors face a delicate balance in broaching the idea of yet another medical procedure when families have been hit with a horrible diagnosis and difficult treatment plan. The tissue-removing surgeries are typically done while a child is being sedated for another reason.

"We try to be thoughtful about the fact that their main focus and ours is on the survival of the child," said Dr. Erin Rowell, a surgeon at Chicago's Lurie Children's Hospital, where Talia is being treated.

A baby boy in Belgium makes scientists think they're on the right track. He was born to a woman who at age 13 had ovarian tissue removed before undergoing harsh treatment for sickle cell anemia. Doctors believe she had signs of puberty when the tissue was frozen, according to a recent medical journal report. Ten years later the tissue was thawed and was grafted onto her remaining ovary. She gave birth last November.

She is the youngest person to date to have had success. Although her eggs were likely more mature than those of prepubescent girls, the results are "super exciting," said Dr. Jill Ginsberg of Children's Hospital of Philadelphia, a pioneer in the field.

After the tissue is removed, some is stored in liquid nitrogen for the patient's future use and some is sent to a central research lab at Northwestern University in Chicago, where scientists are studying ways to make it work.

THE ASSOCIATED PRESS

Talia Pisano may have a greater chance at having babies of her own some day thanks to a tissue-freezing procedure.
CHRISTIAN K. LEE/THE ASSOCIATED PRESS

IN BRIEF

Possible missile fragments found at MH17 crash site
Dutch prosecutors said Tuesday they have found what could be parts of a Buk missile system at the site in eastern Ukraine where Malaysia Airlines Flight 17 crashed last year. This is the first time prosecutors have confirmed possible physical evidence of a missile bringing down the plane and killing all 298 people. THE ASSOCIATED PRESS

Amnesty approves policy to decriminalize sex trade
Amnesty International approved a controversial policy Tuesday to endorse sex trade decriminalization, rejecting complaints from some women's rights groups who say it is tantamount to advocating the legalization of pimping and brothel owning.
THE ASSOCIATED PRESS

Egyptian heat wave kills 42
A heat wave in Egypt turned deadly this week, killing at least 42 people, including a German resident, patients in a psychiatric hospital and detainees, officials said Tuesday. THE ASSOCIATED PRESS

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STOCKS

Hackers tied to insider trading

An international web of hackers and traders was charged by U.S. authorities Tuesday with making $100 million US by breaking into the computers of business newswire services, reading corporate press releases before they came out, and then trading on that information ahead of the pack on Wall Street.

Nine people in the U.S. and Ukraine were indicted on criminal charges, including securities fraud, computer fraud and conspiracy. And the U.S. Securities and Exchange Commission brought related civil charges against the nine plus 23 other individuals and companies.

The nine charged with criminal offences include two people described as Ukrainian computer hackers and six stock traders, all but one of them in the United States. Prosecutors said they made $30 million US from their part of the scheme.

At the same time, the SEC brought a lawsuit that lays out a sprawling network of hackers and traders stretching from the U.S. to Russia and Ukraine, France, Malta and Cyprus, all accused of using the stolen advance information to make illegal trades.

Authorities said that starting in 2010 and continuing as recently as May, the hackers gained access to more than 150,000 news releases that were about to be issued by Marketwired of Toronto; PR Newswire in New York; and Business Wire of San Francisco.

The defendants then used roughly 800 of those news releases to make trades before the information came out, exploiting a time gap ranging from hours to three days, prosecutors said.

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A man reads a newspaper outside a shop in the main meat market of the northern Greek port city of Thessaloniki, Tuesday. Greece has agreed on the broad terms of a new three-year bailout package with creditors. THE ASSOCIATED PRESS

Greece vows swift approval

BAILOUT DEAL

Harsh terms include sale of assets, deep spending cuts

Greece agreed to harsh terms for a new three-year bailout Tuesday and vowed to push it through parliament this week, despite mounting dissent in the ruling left-wing party.

With the country facing the risk of a debt default next week, Prime Minister Alexis Tsipras had sought to speed up the talks and get approval of a deal this week.

After Greece and its creditors reached an accord on the main points on Tuesday, Tsipras called for an emergency session of parliament for a vote late Thursday.

Greece needs to start tapping the new bailout — worth 85 billion euros ($93 billion US) — so that it can make a key debt repayment next week and secure its future in the euro.

The draft agreement forces Tsipras to accept what he had vowed to resist only months ago: the sale of some state property and deep cuts to pensions, military spending and ending tax credits to people considered vulnerable.

Officials in Athens and the European Union said a few issues were left to be ironed out Tuesday.

"We are very close. Two or three very small details remain," Finance Minister Euclid Tsakalotos said as he emerged Tuesday morning from all-night discussions with creditors.

The European Commission, a key negotiator in the talks, confirmed the progress. Annika Breidthardt, the Commission's spokeswoman for economic affairs, said the details were expected to be cleared up later.

Dissenters in Tsipras' left-wing Syriza party, who want to end bailout talks and return to a national currency, promised to fight the deal, describing it as a "noose around the neck of the Greek people."

THE ASSOCIATED PRESS

IN BRIEF

Ex-intern sues Olsen firm
A former intern has sued Mary-Kate and Ashley Olsen's licensing and manufacturing company, Dualstar Entertainment Group, saying she worked 50 hours a week but wasn't paid. Shahista Lalani says she worked from May to September 2012. THE ASSOCIATED PRESS

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Your candidate can live in Toronto but run in a B.C. riding. What gives?

THE FACTS
Unlike senators, who must reside and own property in the province they represent, members of Parliament have to make their home somewhere in Canada, but not necessarily in the riding or even the province they vote for in the House of Commons. In practice most places elect local candidates. In the U.S., members of the House of Representatives, the equivalent of our House of Commons, must be "inhabitants" of the state they represent, broadly defined. (They don't have to own property or have lived there for a particular length of time).
But for Canadian candidates, it's about who you're for, not where you're from.

Think of a junior hockey team: the players get popular support by playing their hardest for the hometown fans, whether they grew up around the corner from the rink or in a Swedish fishing town.

THE HISTORY
The lack of a residency rule has come in handy for parties looking to seat a new leader. In 1990, Jean Chrétien won leadership of the Liberals — but he wasn't an MP. A Liberal member resigned his Quebec seat and Chrétien won it in a byelection. Green Party Leader Elizabeth May, who is from Cape Breton, N.S., shopped for a riding she could win. She ran in London, Ont. in 2006, in central Nova Scotia in 2008, and finally scored a seat in 2011 in environmentally friendly Saanich—Gulf Islands, B.C.

THE CONTROVERSY?
Canadians haven't balked at voting for candidates who hail from far-flung environs, as long as the party of their choice wins the seat. The most prominent example is the Prime Minister: Though Toronto-born and raised, Stephen Harper's economic conservatism and support of the energy sector put him right at home with voters in Calgary Centre.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

URBAN ETIQUETTE: ELLEN VANSTONE ON A BREWING BREAKUP

THE QUESTION

After months of flirting with my barista, we finally started dating. Unfortunately, it ended badly. There's nowhere else convenient for me to pick up my morning java. Advice?

Dear Ellen,

After several months of flirting with a barista at my local Starbucks, we finally started dating. Unfortunately, it ended badly. I'm not upset about the breakup. The problem is, I'm now afraid to go into the coffee shop — partly out of fear of running into my ex, partly out of fear that his co-workers will be rude or do something to my drink.

The problem is, there's nowhere else convenient for me to pick up my morning java. Advice?

D.L., Winnipeg

Dear D.L.,

I must say, you are one cool customer. You flirt for months with some poor chump who's slaving over a steamy espresso maker, finally take him out a few times, then (by the sounds of it) dump him, and now you're miffed because his broken heart might inconvenience your morning routine?

OK, perhaps I'm being too hasty. Maybe your heart was broken. Maybe he used and abused you, dragged your tender feelings through the mud and tossed you aside like a soggy coffee filter — limp, stained, your innards suitable only for composting.

But for anyone in such a state, the mere idea of waltzing back into the store would probably be enough to cause a total nervous breakdown. So I'm going to assume here that you were not terribly upset by the breakup, and that he was.

Let me start by saying that it's nobody's fault when a relationship ends. If the romance were meant to be, it would be. Only a fool wants to date someone who's not into them. Only a moral coward dates someone they fundamentally don't want to be with. And only loathsome busybodies judge other people for ending relationships, whatever their reasons. (As a veteran of all three ridiculous positions, I know whereof I speak.)

The question is, when you say it ended "badly," are we talking about how he felt? Or about how you behaved? It's never going to end well when one person is in love and the other person is not. But it can end on a level playing field, with a shred of dignity intact on both sides, if the breaker-upper is honest about their feelings and intentions.

If you broke up fair and square with this person, you have nothing to be ashamed of. Hold your head high, sally forth into your 'Bucks and order your coffee with impunity. If your appearance is going to cause real pain to your ex, you might consider going without your morning java for at least a few weeks out of consideration for another human being's feelings. (And if you're serious about the co-workers adding extra-special ingredients to your brew, then, yes, do avoid the place completely.)

If you broke up fair and square with this person ... hold your head high and order your coffee with impunity.

But if you behaved badly, dishonestly, cavalierly or disrespectfully before, during or after the breakup, I have to tell you that etiquette dictates total self-banishment from your local Starbucks. As a misguided relationship ruffian, you will have to get your (presumably iced) coffee elsewhere for the foreseeable future.

Need advice? Email Ellen
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Nothing's strange about seeking sanctuary in a church

There aren't many good reasons to leave a slow, Sunday-afternoon barbecue on your friend's rooftop deck.

But a friend told me I should go. I was having a sad day, and she knew it would help.

"I already had my yoga and meditation this morning," she said with a half-smile. "You can come right back."

So I did. At the last possible moment, I got on my bike and headed to church.

St. Peter's is a large stone church, set back from the street, surrounded by lawns and gardens. You pass through three sets of thick wooden doors and emerge into a large, echoing chamber.

I was late. The church was half-empty, warm and dark, the sun muted through stained-glass windows. The pianist hadn't shown, and so instead a woman stood at the edge of the altar, singing alone into the microphone, her voice ringing off the vaulted ceilings and over the smattering of people in the pews.

I closed my eyes to listen to that sound — a single voice on stone.

Churches, to me, have a particular feeling. The air is calm. Little is demanded of me once I'm inside. It's similar to standing by the sea, floating in a lake or hiking in thick woods.

It's a sanctuary. It's a comfort. Sometimes, that comfort is small.

Sometimes it's vast. On Sunday, I entered sunken, and I left elated, lifted.

Everyone at the barbecue knew I'd gone to mass — the host and hostess, a couple I don't know well, other friends — and when I got back, no one blinked.

"How was mass?" they asked, and I told them about the singing. "Do you feel better?" one friend asked.

Immensely.

On Sunday, I entered sunken, and I left elated, lifted.

I arrived just as the sausages and chicken skewers came off the grill and onto a table crowded with salads, corn and fresh olive bread.

It wasn't long ago that I realized my friends don't just respect my faith. To a degree, they understand it.

They understand the impulse for comfort. The impulse for calm.

It surprised me the first time one of them suggested, when I was having a bad day, "You should go to church." Sometimes, it still does.

Then I remind myself there's nothing strange about it. Who couldn't use a sanctuary?

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"Every night I light a candle that he stays in the race until Sept. 8. But I also hope that nobody gets that candle too close to his hair."
- Stephen Colbert, on Donald Trump's presidential bid

Street food is ancient history

DINING ON-THE-GO

Grabbing lunch at the taco stand? The Romans did easy eats first

Grabbing something hot and tasty on the move? You have the ancient Romans to thank. "Street food" was their invention, generally enjoyed with wine, gambling or even prostitutes.

Food on the go was an integral part of daily life in the empire, from nibbling on salted peas while watching gladiators battle in the Colosseum, to grabbing a sausage or fried fish snack after a dip in Rome's famed baths.

Feeding an empire of some 50 million people was no mean feat, as an exhibition in the Italian capital sets out to show in conjunction with Milan's 2015 Universal Exhibition on the themes of food and agriculture, running until the end of October.

Food scarcity could trigger uprisings or even topple leaders, a risk Emperor Augustus (63 BC to 14 AD) was unwilling to take. He made importing wheat, oil, wine and other foodstuffs a top priority, changing the face of Roman dining.

Breakfast of Romans

A typical day kicked off with the **jentaculum**, or breakfast — salted bread, dried fruit and eggs washed down with milk or wine.

That was followed by a quick **prandium**, or lunch, grabbed at the **thermopolia** — forerunners of fast food restaurants — or **popinae**, wine bars frequented by the lower classes where customers could grab a bite, dabble in a bit of gambling, or pop upstairs for some sex.

Dining on peacock tongues

Following an afternoon's work or session at the thermal baths, the rich would throw sumptuous banquets, dining on anything from peacock tongues to baked dormice.

The rest of the population supped on fresh vegetables, stews and, occasionally, meat.

"The logistics deployed by the Romans to feed themselves is fascinating," said Orietta Rossini, curator of the Ara Pacis exhibition, emphasizing how hard it was to keep happy a capital of one million people — the biggest in history before the industrial revolution hit London.

Our daily bread

The key lay in turning conquered Egypt into the empire's granary and ensuring wheat was transported cheaply to Rome all year round.

Private shipowners would carry up to 500 tonnes of wheat between Alexandria and Rome under the strict supervision of the state in an early example of today's partnerships between the private and public sectors, Rossini said.

This made the emperor "the sole distributor of daily bread, the only one responsible for the supply of provisions." Augustus boosted his popularity by distributing 35 kilos of wheat a month free to 20,000 citizens — free men over 17 years old.

Egypt's role was later passed on to the empire's African provinces, with grain shipped from Carthage in Tunisia to Rome's Ostia port in just three days and nights. Wine, sold at rock-bottom prices, was also imported, along with oil and meat.

Who gives a fig?

Samples of carbonized foodstuffs discovered during excavations at the ancient town of Herculaneum — destroyed along with Pompeii by the eruption of Mount Vesuvius in AD 79 — are on display at the exhibition, including wizened Roman-era figs.

The much-lauded "Mediterranean diet" began here: broad beans, peas, lentils and onions went in stews, with pine nuts, dates and almonds thrown in. Cumin, coriander, sesame and mint seeds were used to spice up dishes.

The globalization of foodstuffs seen in today's supermarkets was already in action, with wine imported from Gaul and Cyprus, oil from Andalusia, honey from Greece and prized **garum** — the fermented fish sauce which drove Romans crazy — from Portugal.

Chicken rare as hen's teeth

Food was such an important commodity that Emperor Diocletian, who ruled from 284 to 305, imposed price controls. But some dishes remained beyond the household budget for some — with chicken a particularly expensive and rare treat.

While a baker would on average earn 50 pieces of silver a day, he would have to spend 60 to buy two chickens, 30 for a half a litre of Falernian wine from the Bay of Naples, 12 for 300 grams of pork and four for 25 figs. AFP

EMPERORS' VEG

Asparagus for Augustus

The wealthy may have gone out of the way to impress with exotic dishes, but the empire's leaders were fond above all of fruit and vegetables: Emperor "Tiberius loved cucumber, while Augustus loved asparagus," exhibition curator Orietta Rossini said.

Ancient Romans would snack on salted peas at the Colosseum. ISTOCK

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Throw one's cast up in Horror

Details have been scarce about the new season of American Horror Story, but at the Television Critics Association tour, the stars gave brief summaries of who they are playing **LISA WEIDENFELD/METRO IN HOLLYWOOD**

Angela Bassett

"I have a strong, lasting relationship with Stefani's character, so I'm sure I'll be at odds with Donovan over who gets the girl. I'm also a fabulous actor."

Denis O'Hare

"I'm playing Liz Taylor, movie icon. And I'm not actually playing Elizabeth Taylor, but I'm playing a person who is impressed by the awesomeness of things like Butterfield 8 and Cleopatra. I shaved my head for the part and... other body parts."

Cheyenne Jackson

"I'm playing Will Drake, fashion icon. He's trying to creatively reestablish himself, so he moves from N.Y. to L.A., is a father, and a little desperate."

Chloë Sevigny

"I play Alex Lowell and I play the wife of Wes Bentley and a mother and a doctor and am dealing with a great loss in our family."

Ryan Murphy on Lady Gaga's character

"Her character name is Elizabeth. She owns the hotel. She's sort of a very wealthy socialdoyenne who is consumed with art and fashion and people and she has a nefarious plan that is revealed in the first episode that plays out over the course of the season."

Finn Wittrock

"I'm playing a male model named Tristan Duffy who's sort of always looking for the next high and I think sort of finds the biggest high in Lady Gaga and we have a lot to do together. She sees all of me."

CONTRIBUTED

NEW BROADCAST SERIES

How to feel like a Supergirl

Lisa Weidenfeld
For Metro

Playing a nearly invincible superhero might sound like a big task to take on, but Melissa Benoist, who takes on the title role in CBS's new Supergirl, felt up to the challenge.

"I think the second that I saw in my email, 'Supergirl,' I just knew that it was something exciting and rare that I wanted to be part of," said Benoist, speaking at the panel for the show at the Television Critics Association press tour.

"Melissa was the very first person we saw for Kara (Supergirl). As soon as we saw her, we just knew she was the one. She had the strength, the hope, the heart, the humour," explained Andrew Kreisberg, one of the show's executive producers.

But Benoist's Supergirl isn't totally unstoppable.

"It was important for us, especially to have a weekly TV show, to put her in situations where she isn't all powerful, so you can root for her," said Kreiesberg. "You want to feel like Supergirl might not survive any of these things."

Taking on a character with decades of history in comic books means there's quite a lot of backstory to draw from, and Benoist said there were a few things she tried to keep in mind in taking on the part.

Melissa Benoist plays the lead in CBS's Supergirl. CONTRIBUTED

> **Her bravery and strength were so intrinsic ... I needed to feel that myself.**
> Melissa Benoist

"I just knew that she's such a beacon of hope. And I knew that her bravery and strength were so intrinsic to who she is — I needed to feel that myself in order to play that."

Don't expect Supergirl's cousin Clark Kent to be popping up, however. "He will be a factor in her life, but you won't see him exactly on screen. He's going to be more in the background. But he does play a part in her evolution of becoming a superhero," said Geoff Johns, Chief Creative Officer at DC Entertainment.

Co-star Calista Flockhart, who plays Kara's Devil Wears Prada-type boss, Kat, did have one good idea about how to get him on the show.

"I think it would be a really good idea if Kat becomes romantically involved with Superman," she suggested.

No purchase necessary. One entry per person. Contest open to residents of the cities of Toronto and Ottawa, Ontario; Vancouver, British Columbia; Calgary and Edmonton, Alberta; Winnipeg, Manitoba and Halifax, Nova Scotia who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Fifteen (15) prizes are available to be won in each city, each consisting of a double movie pass to a screening of "No Escape." Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on August 11, 2015 and closes at 11:59 pm ET on August 17, 2015. To enter and for complete contest rules visit www.clubmetro.com

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MULTI-COOKER

A doodad worth making space for

WORD OF MOUTH

Theresa Albert
myfriendinfood.com

I am the lucky recipient of all kinds of whack for my kitchen, but, given that it is small and I am a not a fan of countertop doodads, I am very selective.

I had to be talked into trying out the new to-the-market Philips multi-cooker and the logic went like this: it replaces your steamer, slow cooker and rice maker.

Plus, it can bake and make yogurt. Yeah right, says my inner skeptic.

Well, in the last 24 hours, I have used it to make chicken cacciatore, bake a dark chocolate blueberry chia cake, and steam a head of kale. I am about to make yogurt, just for fun and because organic milk was on sale.

The difference between this appliance and a slow cooker is its range of temperatures.

You need a very high and quick heat to sauté the onions and celery for the soups and stews but a low heat to coddle milk for yogurt.

You need even heat with steam evaporation to bake.

I have given away my other appliances, switched around my kitchen countertop to accommodate and I am looking for other applications for such a useful, multi-purpose tool.

- At the cottage or on the boat. This multi-cooker allows you to walk away and spend all day and it won't heat up the cabin like an oven would.
- At university, where time and money are tight and it's an opportunity to avoid crap food.
- For seniors who may want to batch cook and freeze food on sale but don't want to be in the kitchen cleaning dishes. (Like my mom, whose birthday it is today!)

COOKING FOR BACHELORS

Cookbook teaches single guys to cook, maybe get a date

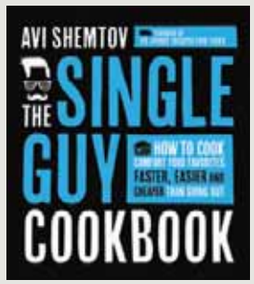
Single and looking?

If you're a guy who's willing to do some cooking, Avi Shemtov has you covered.

Admittedly, Shemtov's initial attempt to feed dudes on the prowl read a bit too much like the strange love child of Rachael Ray and a Craigslist Casual Encounters ad.

But mostly the book is an enticing collection of comfort food designed for the solo fellow willing to put a little effort.

Shemtov doesn't dumb it down. The recipes — which include everything from waffle-battered chicken tenders to potato gnocchi and kielbasa-based spaghetti carbonara — aren't difficult, but they are real.



THE ASSOCIATED PRESS

Lick your liquor

These Harissa Bloody Mary pops are deliciously cool on a hot summer's day. HANDOUT

COCKTAILS

These ice pops give summer a delicious boozy kick

Elodie Noel
Metro in New York

Summer heat just begs for a refreshing treat in any form. Well, we had an even better idea: Why not combine the best of the season's fresh fruits and delicious cocktails into a delicious treat. It even comes on a stick.

However, we've got some disappointing news for those of you hoping to get drunk on the sly with one of these healthy ice delights.

"You can't add too much in the way of alcohol to frozen treats as they won't freeze," says Morgan Greenhalgh, author of The Drink Blog.

His advice: "While they are kind of fun, I think the most ideal way to enjoy them is by having one and a cocktail on the side."

That's an opinion shared by Jacquee Stephens, the blogger behind I Sugar Coat It.

"Popsicles are a refreshingly cool summer treat that appeal to the kid in all of us," she says.

"They evoke such wonderful childhood memories. As an adult, pairing them with a favourite alcoholic drink really creates the best of both worlds."

Molly Yeh, founder of the aptly named food blog My Name Is Yeh, particularly enjoys the aspect of eating your alcohol slowly, nibble by nibble.

"For someone with a low tolerance, it's probably good that brain freeze stands in the way of me accidentally having my drink too quickly."

So get to the farmer's market, bring that lovely produce home and turn it into something beautiful and delicious.

A sweet tip: To get the pops out easily, place frozen moulds under warm running water.

RECIPE

Harissa Bloody Mary Pops

Tomatoes don't get any fresher than in August. These ice pops have the signature salty spiciness of a Bloody Mary, which can be a bit odd at first, but they are refreshing, healthy and give you just the right amount of buzz to make dessert extra fun.

Ingredients:

- 2 cups tomato juice
- 1/2 cup vodka
- 2 cloves garlic, smashed
- 3/4 tsp celery salt
- 1/2 tsp sugar
- 1/2 tsp harissa powder
- 3/4 tsp Worcestershire sauce
- A squeeze of lime juice
- A few turns of black pepper

Directions:

Whisk all ingredients together. Pour into popsicle moulds or 3-oz Dixie cups. Freeze for 20 minutes. Insert popsicle sticks and freeze for two more hours. Serve with celery stalks (and an extra vodka shot) and enjoy!

> **They evoke such wonderful childhood memories**
> Morgan Greenhalgh

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The two most common varieties of zucchini are green and yellow. FOODLAND ONTARIO/THE CANADIAN PRESS/HANDOUT

A zucchini for any dish

IN SEASON

This versatile veggie is a healthy add to so many meals

If you don't know someone who's trying to give away zucchini right now, you probably don't know anyone who is growing it.

This summer squash grows easily and in great abundance, and if it's not picked when it's relatively small — 15 to 20 centimetre — an individual zucchini can grow as big as your arm. And the big ones are just as edible as the little ones, although they may be a little more fibrous. Fortunately, there is almost no end to the culinary uses of zucchini.

"It grows so prolifically that when people had a lot of it, they got very inventive with what they would do with it," says Yvonne Tremblay, a freelance recipe developer, food stylist and cookbook author from Mississauga, Ont. She always cooks zucchini and cites classic dishes such as ratatouille (a traditional Provencal stew of eggplant, zucchini, onion, tomato and peppers) or grilled summer vegetable medleys among her favourite uses. It's also great in soups.

But zucchini is equally good raw — shredded into slaw, sliced into green salads, eaten as a solo snack or as part of a crudités platter with dip.

It can also be made into jams, relishes and pickles, can be used as a substitute for pasta, can be cooked into lasagna or omelettes, used as a pizza topping, baked into chips or hollowed out and stuffed with almost anything from a mushroom mixture to cheese, meats, other vegetables or bread crumb mixtures.

It lends itself equally well as an ingredient in desserts, including cakes, cookies, chocolate brownies and endless varieties of bread or sweet loaf. THE CANADIAN PRESS

SUMMER DRINKS

Grape meets grill: Wine pairings for a BBQ

LIQUID ASSETS

Peter Rockwell
@therealwineguy

If I asked you to name a country famous for barbecue, would you say Italy?

I didn't think so.

That hasn't stopped the Italians from making a plethora of wines (especially reds) that match perfectly with grilled grub.

To spotlight a few: there's the cherry goodness of a Chianti from Tuscany, the meaty muscle of an Aglianico-based red from Campania and, of course, the juicy berry fruit that's squeezed out of Veneto's Valpolicella.

While a light, traditional Valpolicella (which consists of a blend of Corvina, Rondinella and Molinara) will charm the char off just about anything barbecued, its ripasso version — made by re-fermenting the wine with dried grape skins — is a weightier foil to heavier meat dishes.

Masi invented the ripasso process, introducing its Campofiorin ($17.95 to $20.49) to the world 50 years ago and the 2011 vintage celebrates that accomplishment.

Rich, but balanced, its sweet, plum-meets-cherry flavour finishes dry with a complexity that stands on its own if your mind is set more on the glass that the grill.

Prices reflect the range across the country.

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metro DRIVE
Your essential daily news

Tesla says hackers 'a community that we want to be part of' to defend high-tech cars

New Maxima flaunts size, sizzle

ROAD TESTED

THE CHECKLIST | 2016 NISSAN MAXIMA

THE BASICS

Type. Full-size, four-door, FWD sedan
Power. 300-hp 3.5-litre V6
Transmission. CVT automatic
Price. Base $35,900 (plus destination)

NOTABLE FEATURES

- Driver Attention Alert system alerts driver when drowsy and/or inattentive
- Around View Monitor with moving object deception
- NASA-inspired "Zero Gravity" seats for initial softness and long-term comfort

POINTS

- No "stand-alone" options, just four distinct trim lines — SV, SL, SR, Platinum — each with distinct features and personalities
- Increased fuel efficiency through lightness and underbelly aerodynamics
- Exterior design channels the vibe of the cockpit of an aircraft jet fighter

MARKET POSITION

- Largest sedan in the Nissan portfolio, historically pitched as the "Four-door Sports Car"
- Prime target is Generation X, 45-year-old father striving for good work-life balance
- Positioned in "progressive premium" subset of large-car segment

THE COMPETITION

Chrysler 300
Base price: $38,159

Ford Taurus
Base price: $28,284

Toyota Avalon
Base price: $38,185

REVIEW

Nissan makes a strong case for the large car

Mike Goetz
Metro | Canada

Cars are losing favour to crossovers, and none more so than the big sedans from the mass-market brands. Sales have shrunk considerably.

So when it came time to build another all-new Maxima, Nissan could have gone a number of ways, anything from totally reinventing it to appeal to a different and larger crowd, to maybe not even making another Maxima, and letting Altima and Infiniti Q50 cover the territory, which they somewhat do already.

In the end, Nissan chose an interesting strategy. This 2016 Maxima is much like previous generations, in that it's still big, still V6-only powered, and still only front-wheel drive, in an era where everything new now seems to go with turbo fours and some kind of AWD system. But it's changed, too — with dramatic styling inside and out, and with some new and meaty and interesting technologies, all of which conspire to give the car an appealing "over-engineered" vibe.

An abbreviated list of some of the new engineering bits include the first use of 1.2GPa high-strength steel in a Nissan sedan, a new-generation CVT (transmission) that feels very much like a geared transmission; an Active Noise Cancellation system to quell bad noises and an Active Sound Enhancement system to enhance good noises; and Drive Attention Alert, which learns a driver's steering patterns to determine deviations and warns drivers of their possible weariness behind the wheel.

I was fresh and juiced up on caffeine when I had my first fling with this new Maxima, so the Alert system's Coffee Cup icon didn't light up in the gauge cluster. All models have a "Sport" and "Normal" drive-model selector to sharpen steering and shift points, but our tester was the SR model, which also enlists active braking and suspension to help the sporting cause.

No question this is a fast car, a fun car to control behind the wheel, and a deserving descendent to the Maxima's legacy as the "four-door sports car."

The seating and driving position could hardly be better. A new aspect of the intriguing interior design is to tilt the console seven degrees toward the driver (as in the Nissan GT-R).

The interface has a new touchscreen panel that responds to finger-swiping, and a new controller with some added features. Everything works intuitively, though you always take a second or so to decide which way to go — touchscreen or controller.

The back seat is absolutely great and voluminous for two. Three can go back there, but the middle person will kvetch.

Not sure any large sedan will keep people from running to the crossovers, but the 2016 Maxima is a wonderful car and will reward those who remain faithful to the genre.

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They clean up the mean streets

Bob Doupe of Ontario's Ministry of Transportation shows some of the items that have been picked up from the highway. PHOTOS BY JILL MCINTOSH/FOR METRO

DRIVING FORCE

Clearing highway debris no easy task

Jil McIntosh
For Metro

If something can go in or on a truck or trailer, then it can also fall off it. That can pose a serious hazard to other motorists, but it can be just as dangerous for the crews whose job it is to clean the highway up.

"It's really about traffic control, and then picking up the object after the traffic is controlled," says Bob Doupe, maintenance superintendent for the Ministry of Transportation's office in Whitby, Ont. "It's done in a manner that's also safer for the travelling public."

Cleanup crews go out in a pickup truck to retrieve objects. On a smaller highway, it's often enough to put out a sign warning of road work ahead.

But on a multi-lane highway, there must also be a crash truck. In addition to its flashing lights and directional arrow, it also has a crash attenuator, which sticks out the back and absorbs energy if a vehicle runs into it. This happens with surprising frequency. "Being in those crash trucks is a dangerous job," Doupe says.

The crash truck diverts traffic out of the lane so the crew can pick up the debris. The operation always starts at the shoulder, so cars can only pass the crew on one side. If the item is in a middle lane, extra crash trucks or police officers will be called in to close successive lanes, starting at the shoulder.

If it's too far out from the shoulder, or if the debris covers too many lanes, the crash trucks and police will initiate a "rolling stop." Starting well ahead of the problem, they'll block all lanes by driving very slowly and keeping traffic behind them until the crew has the mess cleaned up.

This can present a problem, Doupe says, when drivers at the back of the jam finally get to the trouble spot. They don't see the debris that's been cleaned up, and think that workers have closed the highway for nothing. "Sometimes they'll throw stuff at the crew, in addition to the insults," he says.

If you see debris on the road, call the police, who will alert the cleanup crews. And if something falls off your vehicle, never run into traffic to pick it up. People have been killed doing that, even when objects are close to the shoulder, so call for help and wait for the crew to show up.

OVERBOARD

- When you see a cleanup crew, slow down, obey the arrows, and give workers plenty of room for safety.
- Unusual objects the crews have picked up include landscaping rocks, a bathtub surround, a cash register, a handgun, and sex toys.
- Road debris is brought back to a depot, where tires and metal go to recycling, and everything else goes to the trash.

A crash truck diverts traffic on the highway so crews can clean up debris.

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Forte SX AT shown†
HWY / CITY 100KM*: 6.1L/8.8L

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Sportage SX Luxury shown†
HWY / CITY 100KM*: 8.3L/11.4L

2015 SPORTAGE
2.4L LX MT FWD
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Optima SX Turbo shown†
HWY / CITY 100KM*: 5.7L/8.9L

2015 OPTIMA LX AT
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Sorento SX Turbo AWD shown†
HWY / CITY 100KM*: 9.3L/12.3L

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2015 Jeep Renegade

Is it possible to build a small tall wagon that's actually off-road capable? And can a brand that's now owned by Fiat do it? The Jeep Renegade, first shown at the motor show in Geneva, Switzerland, is small enough to be sold all over the world and it also gives the company what it calls its first entry in the "small SUV" segment. **JEFF MELNYCHUK** WHEELBASE MEDIA

THE RUNDOWN

1 Engines
Under the hood is a 160-horsepower 1.4-litre turbocharged four-cylinder and a 184-horsepower 2.4-litre non-turbo four-cylinder.

2 Contingency plan
Tow hooks are here, with skid plates underneath.

3 Sitting taller
The ride height is increased by two centimetres over the base Renegade.

4 Going vertical
The nose and tail protrude less for scaling steeper grades.

5 Wheels
The car features 17-inch all-terrain tires.

6 Not afraid to get wet
A Trail Rated Renegade can ford (wade through) standing water up to 50 centimetres deep, which is about this high up on the bumper.

TRAIL RATED

A Trail Rated Jeep has to pass a series of company performance tests in five categories: ground clearance; traction; water fording; articulation; and manoeuvrability.

DESIGN

Taking a cue from the past

The Renegade apparently tries to channel Jeeps of old with many styling cues and play-rough features. Cool geometric trim shapes can be found outside and in.

ROOF

A little natural AC

The Renegade has optional removable roof panels for safari-like expeditions.

SOURCE: JEEP

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Model shown: CR-V Touring RM4H9FKNX

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Cash purchase incentive on select 2015 models

MSRP $25,745** includes freight and PDI.
Model shown: Accord Touring CR3F9FKN

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Model shown: Pilot Touring YF4H9FKN

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†Up to $1,500/Up to $2,000/$5,000 Honda cash purchase incentive is available on select 2015 CR-V models (LX AWD, SE, EX, EX-L, Touring), select 2015 Accord models (2D EX, 2D EX-L Navi, 4D LX 6MT, 4D LX CVT, 4D Sport, 4D EX-L, 4D Touring) and every 2015 Pilot model. Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. **MSRP is $30,045/$25,745/$37,095 based on a new 2015 CR-V LX AWD RM4H3FES/Accord 4D L4 LX 6MT CR2E3FE/Pilot LX YF3H2FE including $1,695 freight and PDI. Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on Specified Models only. Offers valid from August 1st through 31st, 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Malibu sheds some pounds

TEXT AND IMAGES BY WHEELBASE MEDIA

REDESIGN

Chevrolet's 'strength training program' rids 150 kg

The next-generation Chevrolet Malibu midsize sedan will have more interior space and close to 150 kilograms less than the current model, the company says. The 2016 Malibu is expected to go on sale before the end of this year. Parent company General Motors says its engineers aggressively addressed two of the current car's main deficiencies, namely its cramped back seat and high weight compared to competing vehicles. The Malibu will be built on an entirely new chassis with nearly 10 centimetres more distance between the front and rear wheels. Combined with the lighter weight of the vehicle, the ride and handling should improve. Chevrolet engineers put the new Malibu "on a strength training program, making it sweat out a pound here and a gram there."

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

POWER

Solar bike path shows promise

Dutch company SolaRoad reports that a 70-metre test section of bike path embedded with solar panels near Amsterdam is producing more power than was originally expected. The bike path has already generated 3,000 kilowatt hours of electricity, enough to power a single-person Dutch household for a year. SolaRoad has ambitious plans for its concept, envisioning solar roads as not only a way to generate power, but also a real-time mechanism to monitor traffic using embedded sensors, and to possibly guide self-driving cars. SolaRoad reportedly built the demo bike path at a cost of $3.7 million US.

BATTERY PACKS

Energy storage in Mercedes-Benz's future

Mercedes-Benz plans to enter the energy storage business, saying it has been testing lithium-ion battery packs for light industrial, commercial and home applications.

The individual battery packs can be "stacked" or combined to provide more storage capacity for a given site.

Through its ACCUmotive subsidiary formed in 2009, Mercedes-Benz — itself a subsidiary of German industrial giant Daimler — has reportedly already delivered more than 60,000 lithium-ion cells to customers.

The possibility of Daimler jumping into the energy-storage market, relatively soon after California electric vehicle startup Tesla's move into home storage, indicates just how big a business energy storage could become over the next few years, suggests alternate vehicle website Green Car Reports.

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$29,445 SAVE $5,450 SALE PRICE $23,995

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metro SPORTS

Winnipeg QB Drew Willy will be out at least six to eight weeks with a knee injury

Harris hasn't 'skipped a beat'

The Lions' Andrew Harris leads the league in rushing yards with 519. That's 102 more than his nearest competitor.
DARRYL DYCK/THE CANADIAN PRESS

CFL

Running back has bounced back well from ankle injury

Cam Tucker
Metro | Vancouver

There was always going to be a curiosity to see how Andrew Harris would perform in 2015, coming off season-ending ankle surgery last September.

If there was any doubt he could be the same determined national running back that could churn up the yards in the running and passing games and rack up the touchdowns, the first six weeks — but especially the last three — of this season have surely erased that.

When the Lions returned to practice Tuesday, Harris had been given one of three CFL top-performer recognitions for his play last week against the Edmonton Eskimos.

He had 118 yards along the ground, his best single-game total since July 12, 2014. He also scored two touchdowns, including the winner on a pass, as the Lions were able to reward their defence for shutting out Edmonton in the second half and complete the comeback victory.

> **He has no weaknesses, let's put it that way.**
> Adam Bighill

"We take for granted that he had a significant injury and surgery," said quarterback Travis Lulay, who has handed the ball off to Harris 44 times for 235 yards in the past two games.

"He doesn't look like he's skipped a beat."

When training camp began in June, Harris expressed his desire to return to elite running back status in the CFL, although getting back there was no easy task.

He hadn't played a down since late-September and was still gaining confidence physically, making those sharp changes in direction running backs need to be capable of, not to mention being able to see those opportunities in time to make those cuts.

Harris now leads all rushers in the league with 519 yards, which is 102 clear of Jerome Messam, his nearest competitor.

In some situations, Harris has had to grind positive yards out of a carry, and in others, he's simply left opposing defenders in the dust at the line of scrimmage for a big gain.

"He has no weaknesses, let's put it that way," said linebacker Adam Bighill.

The time for reflection of such personal accolades will come after the season for Harris.

"If you have a bad game, you have to flush it. If you have a good game, you have to flush it, as well," he said.

CANADIAN CHAMPIONSHIP

Whitecaps brace for Impact

The Vancouver Whitecaps are taking a brief respite from the MLS regular season, although their trip to Montreal this week is the furthest thing from a mid-August vacation.

After getting their feet wet in their first-ever CONCACAF Champions League match last week, and a dominant performance over Real Salt Lake over the weekend to solidify top spot in the MLS Western Conference, the Whitecaps continue their busy month with the first leg of the Amway Canadian Championship final on Wednesday.

Carl Robinson
GETTY IMAGES

The local club has never won the Canadian Championship, enduring some crushing results along the way.

The Whitecaps were in danger of not even making it out of the semifinal stage, despite facing the NASL side from Edmonton.

The Whitecaps were lucky to come away with a draw at BC Place in the opening leg of the semifinal, and needed a late winner from an unlikely source — midfielder Matias Laba — in the second leg to advance outright.

Vancouver's lineup against Seattle to begin the CONCACAF Champions League featured 11 different players compared to regular-season competition and was met with curiosity and criticism.

Head coach Carl Robinson made it clear to reporters on Monday there would be changes to his lineup against Montreal compared to what it looked like versus Salt Lake, but they wouldn't be as sweeping as last week against Seattle.

CAM TUCKER/METRO

Vernon native Vasek Pospisil defeated Lu Yen-Hsun in straight sets Tuesday.
MINAS PANAGIOTAKIS/GETTY IMAGES

ROGERS CUP

Pospisil on to 2nd round, Raonic out

There will be no repeat of the 2013 men's Rogers Cup when Canadians Milos Raonic and Vasek Pospisil delighted the Uniprix Stadium crowd by both reaching the semifinals.

Pospisil did his part, beating qualifier Lu Yen-Hsun 6-4, 6-3 in a first-round match on Tuesday in Montreal.

But Raonic, in his first action in a month since returning from a pinched nerve in a foot, came out on the wrong end of a 7-6 (1), 7-6 (1) decision against Ivo Karlovic in a battle of sluggers.

Pospisil, a native of Vernon, will try to keep his Rogers Cup going in the second round against American John Isner, the 16th seed who survived a 6-4, 6-7 (6), 6-3 encounter with Benjamin Becker.

Isner was playing only two days after losing in the final of an event in Washington, D.C. to Kei Nighikori. He beat Pospisil in two sets in the round of 16 of that event, although the Canadian holds a 3-2 edge in their career head to head meetings.

THE CANADIAN PRESS

Selfie-styled gold medallists

PARAPAN 2015

Prolific Huot, Stilwel stand out on big day

Veteran Canadian Paralympians Michelle Stilwell and Benoit Huot added Parapan Am gold to their already glittering medal collections on Tuesday.

Wheelchair racer Stilwell won the 100-metre T52 race while star swimmer Hout led a Canadian sweep in the men's 400-metre freestyle S10 class.

The two are among Canada's most decorated para-athletes.

At the 2000 Paralympics in Sydney, Stilwell was part of Canada's gold-medal winning wheelchair basketball team. Eight years later in Beijing, she won gold in both the 100- and 200-metre wheelchair races. She defended her 200 gold medal in London in 2012 but settled for silver in the 100. She's also a three-time world champion.

Michelle Stilwell HANDOUT

Huot has nine Paralympic gold medals along with five silver and five bronze.

The native of Longueuil, Que., who has a club foot, edged teammates Isaac Bouckley of Oshawa, Ont., and Alexander Elliot of Waterloo, Ont., on Tuesday. The gold could be the first of several medals for Huot, who won six at the 2007 Parapans in Brazil.

"I was excited to race," he said. "The first three days were beginning to feel like a long wait."

Canadian swimmers Benoit Huot, from left to right, Alexander Elliot, and Isaac Bouckley swept the 400-metre freestyle S10 on Tuesday night. DARREN CALABRESE/THE CANADIAN PRESS

Fellow Canadian swimmers Katarina Roxon of Kippens, N.L. (women's 100 breaststroke SB8) and Aurelie Rivard, St-Jean-sur-Richelieu, Que., (women's 400 freestyle S10) also captured gold.

"I could hear the crowd cheering the last 25 metres," said Roxon. "I just wanted to get to the wall quicker and do it for Canada."

Jonathan Dieleman, the former rodeo rider who broke his back in a dirt-bike accident, earned a silver medal competing in his first major international competition. He was left frustrated by his time of 55.68 seconds in the S3 50 breaststroke.

"I was way faster this morning," said the Vancouver resident, who swam a Parapan record of 54.57 seconds in the morning. "About three quarters of the way down the pool I screwed up on one of my strokes and swallowed a bunch of water. I just couldn't catch up."

Montreal's Jean-Michelle Lavalliere had some anxious moments in the S7 200-m individual medley. He finished second in 2:49.12 but it was announced he was disqualified for a non-simultaneous touch. That was later overruled and he was awarded his second silver of the meet.

"I was really happy, then a bit down, then happy again," said the 24-year-old who has cerebral palsy.

Stilwell, a cabinet minister in B.C. Premier Christy Clark's Liberal government, raced to gold in the 100-metre T52 in 19.58 seconds, edging Americans Kerry Morgan and Cassie Mitchell. Saskatoon's Becky Richter was fourth. THE CANADIAN PRESS

RIVARD

Aurelie Rivard, of St-Jean-sur-Richelieu, Que., set an Americas record with a time of 4:33.40 to capture gold in the women's 400-metre freestyle S10.

THE CANADIAN PRESS

ROXON

Katarina Roxon, of Kippens, N.L., took the women's 100-metre breaststroke SB8 gold medal in a Parapan Am record 1:22.18.

THE CANADIAN PRESS

WHEELCHAIR BASKETBALL

Dini finds 'family' on hardwood

When Canada's men's wheelchair basketball team breaks from a huddle, the players touch arms in their version of hands-in.

The reigning Paralympic gold medallists will tell you they are as close as any family, their teammates like brothers. And for Abdi Dini, that means just a little bit more.

The 34-year-old hasn't seen his parents since he was 12, when his dad Mahamoud and mom Anab sought better health care and a brighter future for their son, putting him on a plane from Somalia to live with an uncle in Toronto.

Almost two years earlier, in a country embroiled in civil war, Dini was struck by a stray bullet during school recess and became a paraplegic.

"First with his disability, that's tough enough," said Canada's coach Steve Bialowas, who has coached Dini since he was 16. "He has his uncle, but it's tough especially as a teenager, he hasn't seen his parents since. I think his club team and now with Team Canada, you become his family."

Canada has a strong tradition in wheelchair basketball and will be looking to defend gold at the 2016 Paralympics in Rio.

The men are 2-0 in the eight-team Parapan Am tournament, which is a qualifier for Rio. They opened with a 102-27 rout of Venezuela before cruising to a 74-55 victory over Mexico. They had their most difficult challenge on Tuesday night, but came away with a 68-62 victory against previously undefeated Argentina.

Canada's women's team improved to a 3-0 record on Tuesday with an 82-51 win over Brazil.

Dini says he couldn't have imagined the hard road from Somalia would lead him to where he is now: a Paralympic gold medallist and a key member of the Canadian team playing in front of noisy, packed crowds at the Parapan Am Games.

"You never really think this might happen," Dini said. "But you do think about your dreams, things you want to accomplish in life." THE CANADIAN PRESS

Canada wheelchair basketball player Abdi Dini practises last week in Toronto. DANIEL OTIS/TORSTAR NEWS SERVICE

POINTS SYSTEM

Wheelchair basketball features a point system from one to 4.5, based on a player's functional ability. The lower the number, the more severe a player's disability is.

Dini is a one-point player, meaning he has less functional ability than virtually every one of his teammates. But you'd never know it by the fluidity with which he moves and the ease with which he can knock down shots.

SOCCER BARCA WIN SUPER CUP THRILLER Lionel Messi curls in the first of his two set-piece goals during Barcelona's 5-4 UEFA Super Cup win over Sevilla on Tuesday in Tbilisi, Georgia. IVAN SEKRETAREV/THE ASSOCIATED PRESS

SOCCER IN BRIEF

Stoke bags Swiss star Shaqiri

Stoke has completed the signing of Swiss international midfielder Xherdan Shaqiri from Inter Milan for a club-record fee of 12 million pounds ($18.68m).

The Premier League club says Tuesday that the 23-year-old has signed a five-year deal. The fee eclipses the 10 million pounds the club paid for striker Peter Crouch in 2011. THE ASSOCIATED PRESS

Xherdan Shaqiri GETTY IMAGES

Shots fired at Turkish player

Turkish club Fenerbahce says assailants fired shots at midfielder Mehmet Topal while he was driving, but the player escaped the attack unhurt.

The club said the player was targeted Tuesday while driving home from training. The shots hit his bullet-proof windscreen. "This attack is an armed act of terrorism," a club statement read. THE ASSOCIATED PRESS

Okung takes matters into own hands

NFL

Business-savvy Seahawk will assume agent's contract duties

Russell Okung is often asked to go it alone. It's the nature of his position as the Seattle Seahawks' left tackle.

So perhaps it should be no surprise that Okung is venturing out on his own when it comes to handling the details of his football future.

Okung, the first draft pick made by Pete Carroll and John Schneider in 2010, is entering the final season of his rookie contract. And instead of relying on an agent to handle any future contract negotiations, whether with the Seahawks or another franchise, Okung is going to handle the proceedings himself.

"I wasn't necessarily the first guy to do it and I hope I'm not the last either. I do want this to be memorable," Okung said. "If you remember anything, remember Seattle won a Super Bowl and remember I did this. That I wanted to take the reins of my life and make the decisions as well."

Okung first wrote about his decision in The Players' Tribune before the start of training camp. And while he's trying to keep it from being a lingering topic, it's a reality Okung is facing.

> **I do want this to be memorable.**
> Russell Okung

"It's been kind of a year and a half in the making and I've been thinking about it and really trying to learn more about the decision and try and get educated from every standpoint I possibly could," Okung said.

"I want to know each perspective whether I'm open, that side or this side, or even from the front offices perspective, too. Once I had all that information I made my decision and sometimes the general assumption is I won't have any counsel at all. I have plenty counsel that are backing me and people that have a background in negotiation."

The decision to handle his own negotiations falls in line with Okung's general interest in business outside of football. He's been an active participant in NFL-sponsored business seminars during the off-season.

THE ASSOCIATED PRESS

Seattle Seahawk Russell Okung will become his own agent and handle any future contract negotiations

THE ASSOCIATED PRESS/GREGORY PAYAN, FILE

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- 2 ripe avocados
- 1/3 cup light mayonnaise
- 2 tsp Worcestershire sauce
- 2 Tbsp chili sauce (Heinz)
- 6 oz baby shrimp, defrosted and cooked, with excess liquid squeezed out
- 1/2 cup finely diced red bell pepper
- 2 Tbsp finely chopped green onions or chives

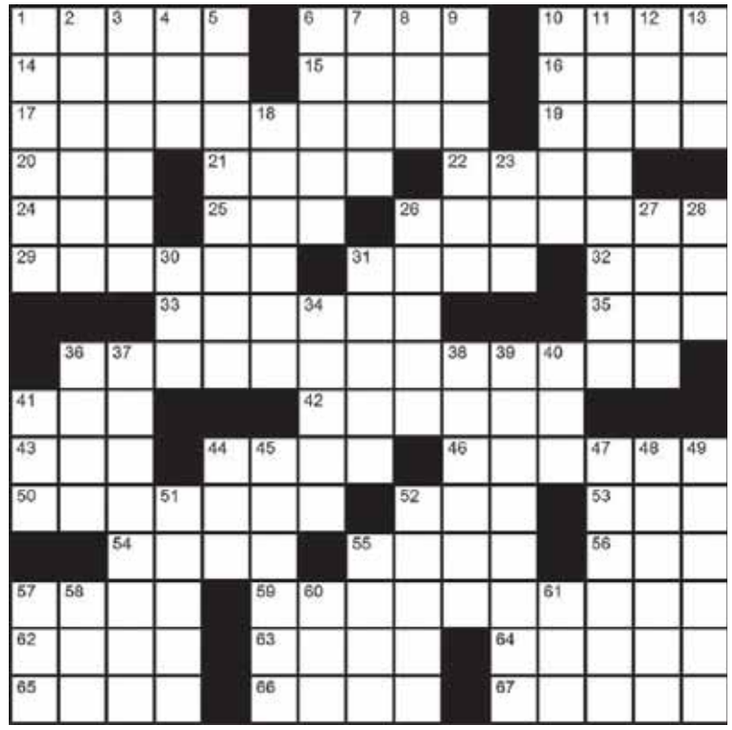
Directions
1. Slice avocados in half and scoop out pulp. Chop and place in bowl.
2. In another small bowl, mix mayonnaise, Worcestershire sauce and chili sauce.
3. Set aside four shrimp for garnish. Chop remaining shrimp and add to avocado with bell peppers and green onions. Gently fold in mayonnaise mix to avocado.
4. Spoon filling back into avocado shells. Garnish with remaining shrimp.

Nutrition per serving
- Calories 230
- Protein 11g
- Carbohydrates 14g
- Fibre 7g
- Total fat 16g
- Saturated fat 2.5g
- Cholesterol 65mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Coffee brand est. 1896 in Vancouver
6. Officially choose
10. Meaningful
14. Muse of love poetry in ancient Greek mythology
15. Ken of "thirtysomething"
16. ...happily _ after.
17. Best friend of #36-Across played by Dana Carvey: 2 wds.
19. 'Father' in France
20. White House nickname
21. Legendary singer Ms. James
22. "_ Chef America"
24. Not 'twas
25. Aug. and Sept.
26. Type of Terrier dog, cute-style
29. Orders takeout: 2 wds.
31. Ahhs friends
32. Feminine 'one' in French
33. City in Washington state
35. East Coast ocean, for short
36. "Saturday Night Live" character Mike Myers brought to the silver screen: 2 wds.
41. Jewel
42. Actress Charlize
43. Rainbow's shape
44. Fertilizer component
46. Yield
50. Money put into a bank account
52. Twice a single, for short
53. U2 rock producer Brian
54. Rushed letters in the office
55. Angry, _ off
56. Ex-Bruin Bobby
57. _-Cola
59. Everyone knows about it even though it's supposed to be hush-hush: 2 wds.
62. "Star _"
63. Typeface
64. Heighten
65. Waitress on "Alice"
66. Marshes
67. Police squads, e.g.

DOWN
1. Invalidate
2. Saudi _ Cruise's co-star in "Oblivion" (2013)
3. Most minimal
4. Baseball great Mel
5. Queen tune #17-Across and #36-Across famously rocked to: "_ Rhapsody"
6. Electricity units
7. Ms. Kurylenko, Tom
8. Ms. Carrere, Mike Myers' co-star as per #36-Across
9. Improve
10. The Home _
11. Ultimate
12. 'Mountain' suffix
13. Prior
18. Now!: 2 wds.
23. Iceland band, Sigur _
26. Dishonour
27. Global, briefly
28. Tubular fish
30. Swine spot
31. Nebraska city
34. Eight-member music ensemble
36. "The Way We _" (1973)
37. _ _ _ _ (Car in which #5-Down was played in the 1992 movie, as per #36-Across)
38. Investigations
39. Huge rocks
40. 'Differ' suffix
41. _ about (Rove)
44. NFL's land
45. Swindle
47. City in Illinois
48. Rioting reason
49. Rich cakes
51. City of Honshu in Japan
52. Auto shop repairs
55. State for Memphis, for short
57. CBC rival
58. Portland, _.
60. The Raven poet's surname
61. Crow cry

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Jupiter in the work area of your chart is sure to mean extra responsibilities, but if you tackle them in the right spirit and do the best job you can you will make a good impression. Get to it.

Taurus April 21 - May 21
The last thing you want now is to waste energy trying to persuade other people to do things your way. It's what YOU do that counts, so do something that makes the world sit up and take notice.

Gemini May 22 - June 21
Some sort of domestic strife is likely today but, at the same time, you are feeling extremely good-natured, so it should be easy enough to deal with.

Cancer June 22 - July 23
You won't lack for social invitations today but if you show your face too often you will begin to lose your rarity value. Even if you are not a celebrity as such you should act like one.

Leo July 24 - Aug. 23
There have been a lot of ups and downs in your life of late and you would no doubt welcome a little stability. That will come later but for now there is another roller-coaster situation you have to deal with.

Virgo Aug. 24 - Sept. 23
You cannot be the life and soul of the party every day. Now that Jupiter is moving through your sign you will find it easier to use the magic word more often. That word is "No."

Libra Sept. 24 - Oct. 23
This is a good time to look back at your efforts over the past few months and learn from both your triumphs and your failures. Your attitude is so positive now that nothing can hurt you emotionally.

Scorpio Oct. 24 - Nov. 22
You rarely, if ever, change your opinions once your mind is made up but over the next few days you will find yourself questioning some of the things you have come to believe.

Sagittarius Nov. 23 - Dec. 21
Jupiter in the career area of your chart means you will attract the attention of people in positions of power. You could soon be moving up in the world.

Capricorn Dec. 22 - Jan. 20
Get out into the world and explore. If you have shut yourself away in recent weeks you must now go right the other way and let everyone know that you still exist!

Aquarius Jan. 21 - Feb. 19
You have so many options to choose from now it may be a bit confusing. You are strongly advised to go with the option that provides you with the greatest amount of freedom.

Pisces Feb. 20 - March 20
You are going to have to make some major decisions over the next few days, the kind of decisions that have far-reaching consequences. Don't put them off in the hope that they might go away. Be brave.

CONCEPTIS SUDOKU by Dave Green

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Conceptis Sudoku — By Dave Green

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9			2		3			
2		8		3	6			
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		1	8		5	3		
	7			6	8		9	2
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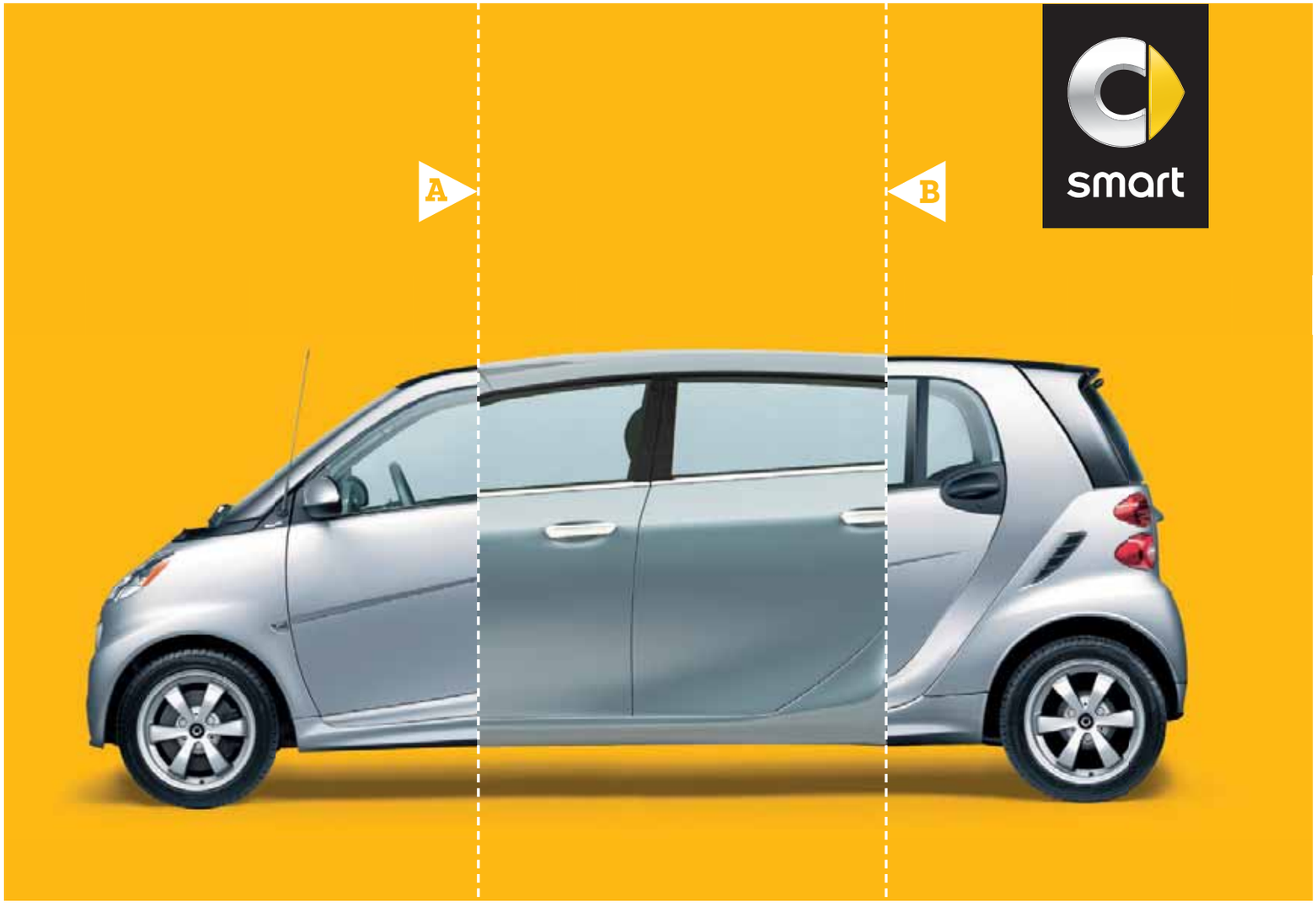

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